

San'in Route & Yamanami Route & Shimanami Sea Route & Hamakaze Sea Route Cycling Map

Cycling Map

Along Mountains and Sea Pleasant Cycling Route Map

Issued by

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Published in March 2018
*The information on this map is valid as of March 2018.
Please always check the latest information before your trip.



Mizuki Shigeru Road, Sakaiminato

Sakaiminato, referred to as the fishing town, features one of Japan's most famous fishing ports, its bluefin tuna and crab catches are the most beautiful in Japan. A variety of marine products can be found here, and fresh seafood can be purchased from the merchants in town. Sakaiminato is also known as a town of yokai, a town of supernatural beings. As you walk down the street from the JR Sakaiminato Station, you will be welcomed by bronze statues of yokai, including Kitaro (a yokai boy), Nezumi-Otoko (lit. "Rat Man"), and Momotamae (lit. "Crystal Father"). These characters appear in GedaGe no Kitaro, a cartoon series created by Shigeru Mizuki, a cartoonist raised in Sakaiminato.



Kaike Onsen (Hot Spring Resort)

Kaike Onsen is a hot spring resort facing the Sea of Japan and boasts of a high yield of hot spring water. The water contains sodium and calcium chloride and is good for neuralgia, rheumatism, chronic skin diseases and various forms of physical ailments. Recent research has revealed that it greatly improves the health and beauty of the skin. Kaike Onsen attracts female visitors as a resort with hot spring water will keep people warm and healthy and make their skin beautiful. Kaike Onsen is also the birthplace of triathlon in Japan. All Japan Triathlon Kaike is held every year in July.



Daisen-ji Temple

Daisen-ji Temple is a forest monastery located halfway up the north side of Mt. Daisen, the highest peak in the Chugoku region. This temple was founded in the Nara era (710) and proudly prospered as a monastery as famous as Kongo-ji Temple on Mt. Koya and Enryaku-ji Temple on Mt. Hiei in the Kamakura and Muromachi periods (794 - 1533). It is said that Daisen-ji Temple was completed in 716. Daisen-ji Temple marks its 1300th anniversary in 2018.



ONOMICHI U2

ONOMICHI U2, a facility complex that serves as the base for the Shimanami Sea Route and Yamanami Route, was created by renovating a shipping warehouse. It includes a hotel where guests can ride their bicycles to the check-in and even take them into their rooms. And there is a restaurant, as well as a lifestyle shop and bicycle shop, where people can experience the atmosphere of Satouchi.



Sera Kogen Farm

You can enjoy seasonal flowers, including tulips in spring, sunflowers in summer, and dahlias in autumn. There is a farm restaurant where you can enjoy a barbecue, as well as a flower cafe. Adults and children alike can experience various programs and events. There are many other sightseeing farms and gardens with flowers and fruit trees dotted around the neighborhood.



Toretta Miyoshi

Toretta Miyoshi is a facility complex that shows off the best aspects of Miyoshi. Vegetables, cultivated by local farmers with loving care, are sold and also used in the meals prepared for the buffet at Toretta Miyoshi, where a fancy bakery is located as well. There is also a cooking experience workshop that introduces the idea of eating delicious local ingredients. The Hiroshima Miyoshi Winery is located nearby.



Lake Shinji

Lake Shinji has a circumference of approximately 45km and is the seventh largest lake in Japan. The lake sunset is a definite must see and is listed in Japan's Top 100 Sunsets. The brackish water lake is known for its shijimi clams, whitebait and other seafoods that make up the seven delicacies of Lake Shinji. In addition, there are many hot spring resorts (Tamasukuri Onsen, Matsue Shinjiko Onsen and Yunokawa Onsen) around the lake where visitors can relax and refresh their bodies.



Momen Kaido (Cotton Road)

At the center of Hirata-cho in Izumo, this area flourished as a market town trading cotton produced in the Iwashiro (Izumi) area during the Edo to Meiji periods (1603-1868). Today within the town you can find traditional merchant houses, old Japanese houses, and sake and soy sauce breweries that are reminiscent of a time when it was bustling with people. Momen Kaido Koryukan is a tourist information center that uses the restored house of a surgeon who lived during the Edo period. Inside there are exhibits and even a restaurant. You can enjoy sweets made from ginger, sugar, and soy sauce at the shops along Momen Kaido.



Kiyomizu-dera Temple

Kiyomizu-dera Temple is an old monastery of the Tendai sect, boasting a history of more than 1,400 years. The temple, which is dedicated to the eleven-headed Kannon, is known to ward off evil spirits. Hidden within 40 acres of scenic beauty are many important cultural assets like the Korporado Hall and not to mention the three-story pagoda which is the only one of its kind in the San'in region. In the spring the area is colored by the white and pink of sakura, while the red leaves cover the grounds in autumn.



Miyakubo Seto Tidal Current Experience

A small boat takes you directly into the heart of one of Japan's most rapid currents, which flows between the Onnima and Hakaizama Islands. The cruise lasts approximately 40 minutes in a historical romantic atmosphere. You can experience the intense current of Miyakubo Seto sailing around the nationally designated Naosima Island historic site and the Funato Seto channel, where local folk say that the tide flows so violently that they are afraid that their boats may break apart. It is also home to the Neotoma and Tasakima Islands that are rich with mysterious legends. At one point, the captain will turn off the engine during the cruise and let the boat flow with the rapid current. It is thrilling to feel the boat spin. It is reminiscent of a bamboo-raft floating down a river. The boat plows through the heavy waves under the expert steering of the captain who is familiar with the flow of these complex tides that provide an adventure that cannot be found elsewhere.



Saka no Ue no Kumo Museum

This museum guides you into the world of Saka no Ue no Kumo, a historical novel written by Ryutaro Shiba. Exhibits are related to the Akuma brothers and Masasaaki Shiki, characters in the novel and great men born in Matsuyama. Even if they have not read the novel, visitors can learn about the modern history of Japan and the ways that the characters behaved, from the content rich exhibits.



Kashima Island

Kashima Island is a small island with a circumference of approximately 1.5 km. Wild deer greet visitors as they get off a ferry with a distinctive deer ornament. The island has swimming beaches, a campground, and Kashima Shrine, which is related to the Kono Navy. There is a promenade along the shore leading to the top of the mountain that overlooks the Sea of Japan. The island serves as a spot to enjoy seasonal activities such as sea bathing and hiking, as well as come into contact with a splendid natural environment. A sightseeing boat that provides a spectacular view all around Kashima Island from the sea is available.



San'in Route

Total Distance of Approx. 70km

The San'in Route connects Matsue-Shinjiko-Onsen Station by Lake Shinji, where the sunset provides a magnificent sight (listed in the Japan Sunset Best 100), and Mt. Daisen, where Daisen-ji Temple marks its 1300th anniversary in 2018. There is not much difference in elevation between Matsue-Shinjiko-Onsen Station and Kaike Onsen, a well-known hot spring resort in the San'in region, via Nakaumi (a brackish lake located between Tottori and Shimane prefectures), and you can enjoy the view of the lake and the beautiful stretch of sandy beach dotted with pine trees toward the Sea of Japan. At the foot of Mt. Daisen, you can experience hill-climbing and downhill mountain-biking while enjoying the natural beauty of the mountain. This route has resting spots, including Cycle Ports and Cycle Cafes in Tottori Prefecture, and Goen Cycle Stations in Shimane Prefecture.

Yamanami Route

Total Distance of 187km

On March 22 of 2015 the Chūgoku-Ōdan Expressway connecting Onomichi and Matsue was opened. To make the route more available to cyclists, the Yamanami Cycling Route was introduced with 18 other short courses along the route. The Yamanami Cycling Route connects Onomichi Station in Hiroshima with Matsue Shinjiko Station in Shimane totaling a distance of 187km and an elevation gain of 1907m.

Shimanami Sea Route (Shimanami Kaikō Cycling Course)

Total Distance: Approx. 69.9km

The traffic of the Shimanami Sea Route is light, and it is an optimal cycling course guided by blue line markers and safety signs. This route includes bicycle tracks across the Kurushima Strait, allowing cyclists to enjoy a ride with an exhilarating view of the Seto Inland Sea. Rest spots, such as Michi-no-Eki (Roadside Stations), are scattered throughout the route. There are also Shimanami Cycle Oasis spots, substantial facilities that supply water, restrooms, and bicycle pumps to visitors.

Imabari-Dogo Hamakaze Sea Route

Total Distance of Approx. 52.1km

The Imabari-Dogo Hamakaze Sea Route is a low-altitude course that allows visitors to cycle leisurely while feeling the fresh sea breeze while enjoying a beautiful view of the Inland Sea. You can enjoy different beautiful sights based on the time of day you ride, such as a spectacular blue sea in the daytime, and a sea glow from the setting sun as the day ends. However, some precaution should be taken around National Highway Route 196. It is located along the coast and has narrow road shoulders. It also often has large vehicle traffic.

Course

- San'in Route
- Yamanami Route
- Shimanami Sea Route (Shimanami Kaikō Cycling Course)
- Imabari-Dogo Hamakaze Sea Route

Legend

- Expressway
- National highway
- General road
- Prefectural boundary
- Railroad
- Sea route

Shimanami Cycle Oasis

Shimanami Cycle Oasis spots offer bicycle pumps, restrooms, bicycle stands, tourist brochures, and drinking water. (There are 39, 10, 23, and 25 spots in Onomichi, Mukaishima Island, Inoshima Island, and Setoda, respectively.)

Rental Cycle

Search for information on bicycle rental in Hiroshima Prefecture.

Shimanami Sea Route No Bicycle Toll!

With the cooperation of supporting companies, Shimanami Cycling Road Promotion Association is working on improvements to the Shimanami Sea Route cycling road, including special time periods during which there will be no bicycle toll. Affiliated organizations: Hiroshima Prefecture, Ehime Prefecture, Onomichi City, and Imabari City.

Cycle Oasis

Approximately 300 facilities, (including Michi-no-Eki (Roadside Stations), restaurants, and convenience stores) in Ehime Prefecture serve as Cycle Oasis spots. These sites offer bicycle pumps, drinking water, restrooms, and benches for free and will also provide local area information.

Shimanami area: 49 spots in Ehime Prefecture
Hamakaze area: 9 spots

Locations of Cycle Oasis spots

Ehime Marugoto Cycling website

Shimane Prefecture and Tottori Prefecture

San'in Route Yamanami Route

Lake Shinji, Shimo Nawate (street lined with castle townhouses and a samurai residence) and Nakamura (a brackish lake located between Tottori and Shimane) are at a similar elevation. Even beginners can enjoy cycling here while enjoying the scenic beauty and local cuisine. There are many beautiful places: Mt. Daisen, one of the 100 Famous Japanese Mountains; Yumigahama Peninsula, a beautiful stretch of sandy beach lined with pine trees; Kaiko Onsen resort; hot springs that promote good health and beautiful skin, faces the Sea of Japan; and Sakaiminato's Mizuki Shigeru Road, which is lined with bronze statues of yokai (supernatural beings).

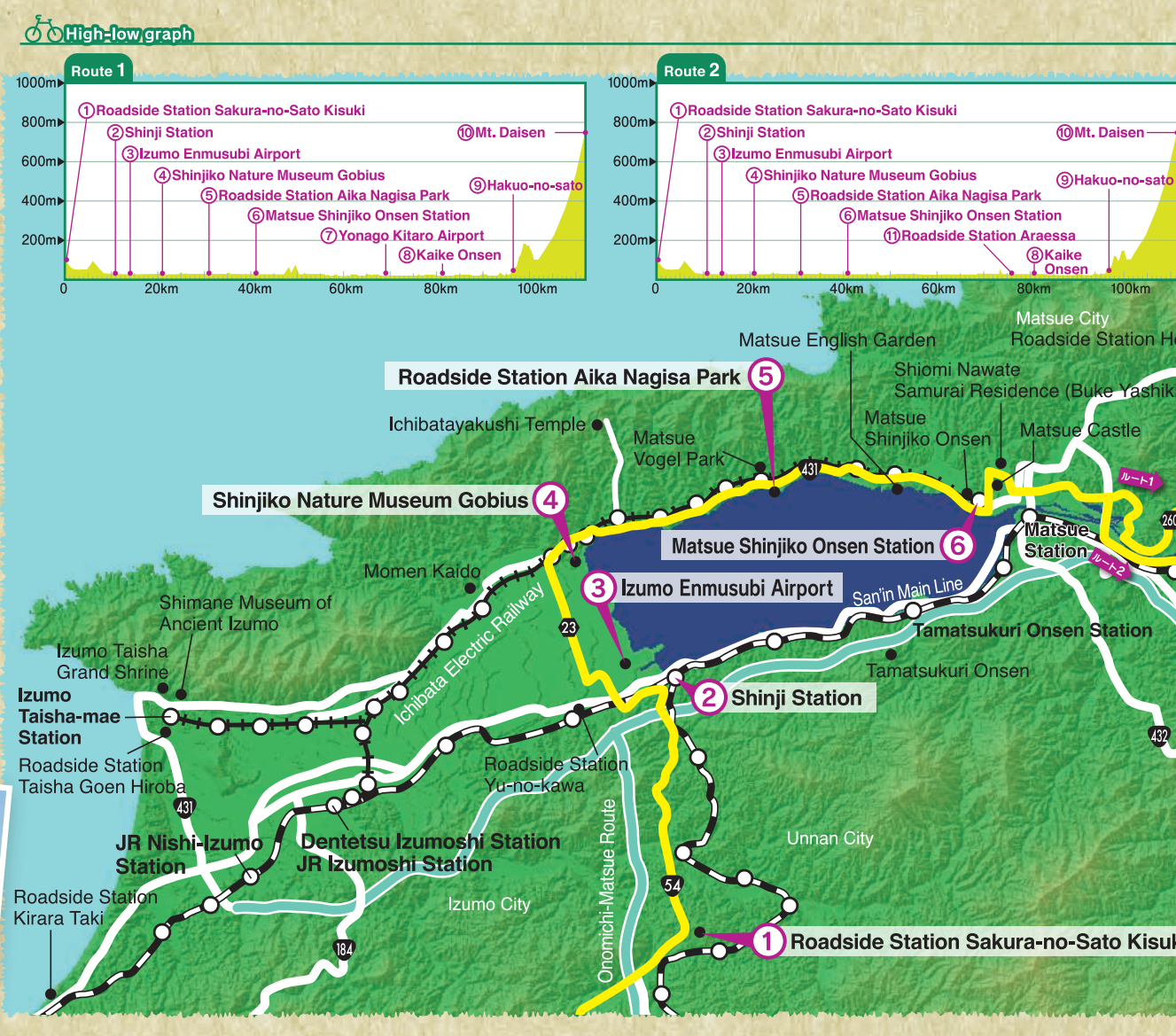


National Treasure - Matsue Castle

It is the symbol of the castle town of Matsue. The splendid hip-and-gable roof of the castle mimics the shape of a plover bird spreading its wings. Therefore, Matsue Castle is also called Chidori-jo (Plover Castle). It is one of 12 original castle towers left in Japan and the only existing castle tower in the San'in region. It was designated a National Treasure in July 2015.

Mt. Daisen

There still remains untouched nature on Mt. Daisen. As a Buddhist mountain sanctuary, mountaineering on Mt. Daisen was prohibited until the Meiji period (the latter part of the 19th century). Mt. Daisen attracts climbers, forest bathers, and nature observers. The Daisen mountainous region has been recognized as a Japan Heritage since the fiscal year of 2016.



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Shimane Prefecture Yamanami Route



Ryuzugataki Falls

This waterfall has been listed in Japan's Top 100 Waterfalls and said to be the best waterfall site in all of the Chugoku region. It consists of an odaki (male waterfall) and medaki (female waterfall), but behind the odaki is a hidden cave as big as 165 m². Many negative ions in the air make this spot a place of healing.



Sugaya Tataro Sannai

Sugaya Tataro Sannai was a settlement of people engaged in traditional Japanese iron manufacturing called tataro. Not to mention the Sugaya Takadono—which is Japan's only existing tataro building that houses a furnace and other iron equipment used for smelting—but the workers' living quarters and other storage huts are preserved so you can imagine what the life of the workers' were like in those days.

Tonbara Ramune Ginsen

The waters have large quantities of carbon dioxide making it one of Japan's most prominent carbonated hot springs. Due to the rarity of this type of hot spring in the world, it was awarded a medal at an expo held in Germany during the Meiji period (1888–1912).



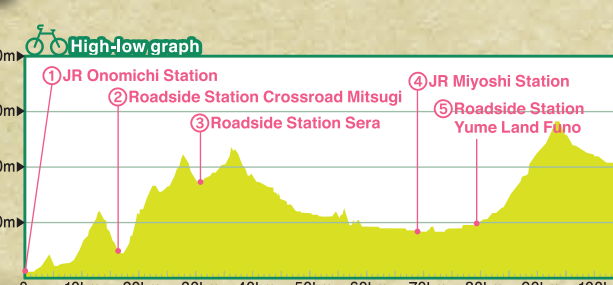
Ohshimenawa Sousakukan

Dedicated to keeping the heritage of shimenawa (sacred rope used in Shinto to mark sacred ground) alive in Inanicho, the Ohshimenawa Sousakukan produces many of the shimenawa that decorate many shrines throughout Japan and not to mention the biggest one of them all that decorates the Kaguraden Hall of Izumo Taisha Grand Shrine. Visitors can tour the facility and partake in a workshop making your very own shimenawa.



Hiroshima Prefecture Yamanami Route

The Yamanami Route is a cycling road of approximately 187 km with a gain in altitude of 1,920 m. It stretches from Onomichi in Hiroshima Prefecture, which faces the Seto Inland Sea, over the Chugoku Mountains to Matsue in Shimane Prefecture near the Sea of Japan. On the Hiroshima Prefecture side, cyclists will be able to enjoy a choice of 10 courses, including the Mitsu Dam Climbing Course, where they can visit two dams around major facilities, including Roadside Stations/Roadside Rest Area, and the Michi-no-eki (Roadside Stations) Gourmet Course that winds around the Chugoku Mountains via six Roadside Stations.



Roadside Station Crossroad Mitsuugi

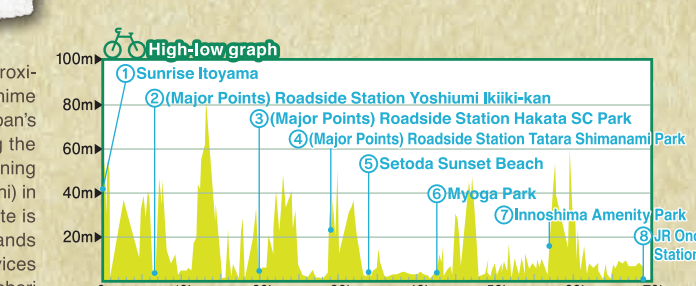
Roadside Station (Roadside Rest Area), Crossroad Mitsuugi is located at the intersection of National Highway Routes 184 and 486. Here you can find a vegetable market that offers selected locally grown vegetables and processed food, as well as a souvenir shop that offers a variety of souvenirs from Onomichi. Visitors can enjoy dining at the buffet that offers local, seasonally fresh ingredients. The Natural Spa Onomichi Forest no Sato, a natural hot springs resort, is located nearby. Roadside Station Crossroad Mitsuugi serves as a convenient base for people sightseeing in Onomichi and the San'in region.

Roadside Station Yume Land Funo

Roadside Station/Roadside Rest Area, Yume Land Funo is one of the highlights of the Yamanami Route cycling excursion courses, where visitors can buy vegetables grown in Miyoshi and taste the local cuisine at a buffet that focuses on healthy and nostalgic main and side dishes. Visitors can finish this meal off by enjoying the delightful flavors of vegetable gelato sold at the Marugoto Funo no Ice-ya-san (an ice cream shop).

Ehime Prefecture and Hiroshima Prefecture Shimanami Sea Route (Shimanami Kaido Cycling Course)

The Shimanami Sea Route, runs across a total distance of approximately 70 km over the Seto Inland Sea between Imabari in Ehime Prefecture and Onomichi in Hiroshima Prefecture. It features Japan's first bicycle tracks that cross a strait. The blue line laid along the highway shows the shortest route across all the islands. Running along the line will take advanced cyclists to Imabari (or Onomichi) in about three hours without stops. The real pleasure of this route is that you can watch the scenery of the beautiful sea or the islands and drop in at local gourmet restaurants. In addition, Ferry services that accept individuals riding bicycles connect Onomichi and Imabari via islands in between. An additional feature of this route is that cyclists can enjoy mini cruising along with cycling.

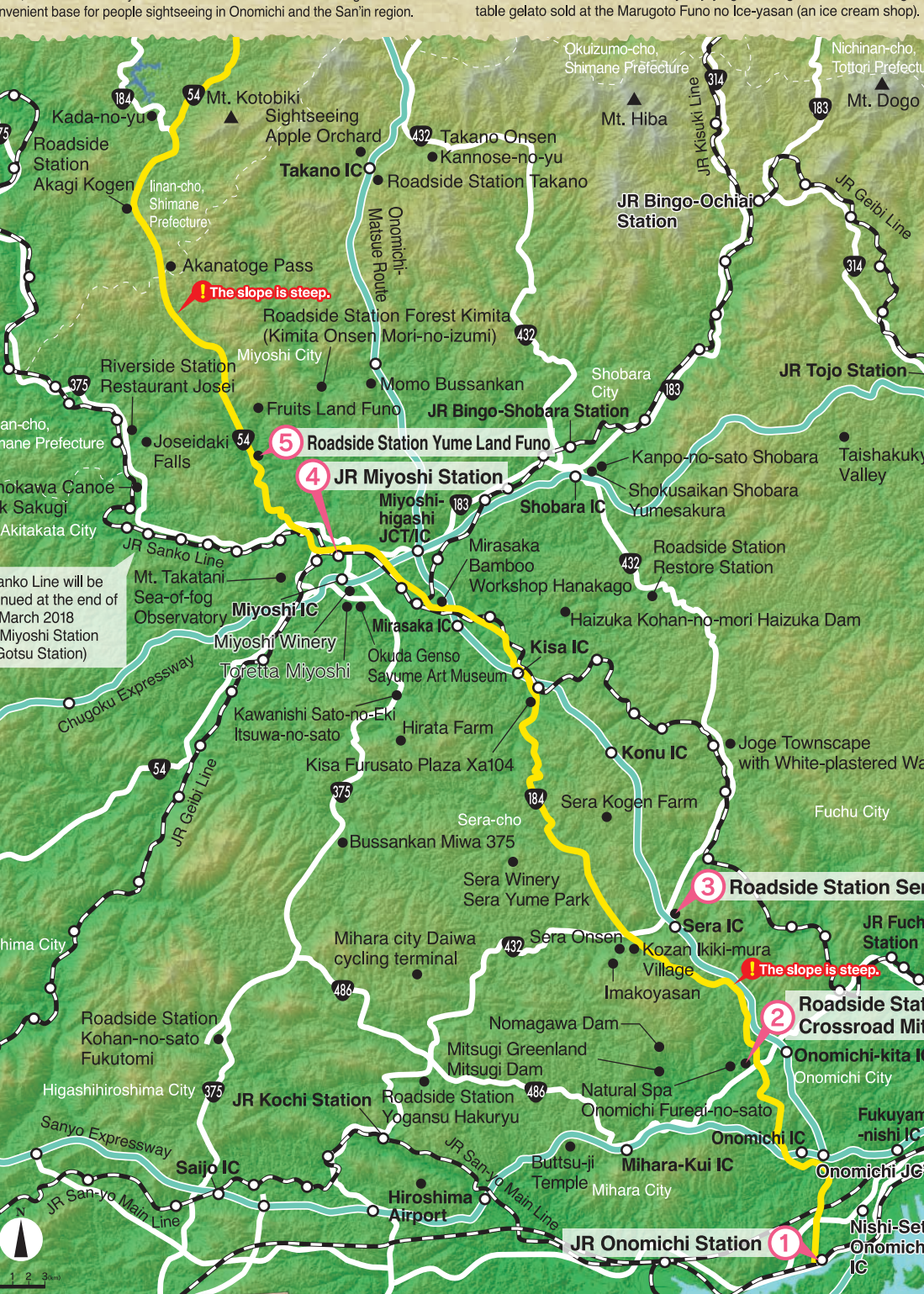


Kiroso Panorama Park

Though it is not on the blue line course that indicates the shortest distance of the Shimanami Sea Route, Kiroso Panorama Park is a sightseeing spot that you should visit. At the panoramic observation platform on top of Mt. Kiro, located 307 m above sea level, visitors can see a superb view of the Kurushima-Kaikyo Bridge, which is the world's first triple suspension bridge, and the beautiful archipelago of the Seto Inland Sea.

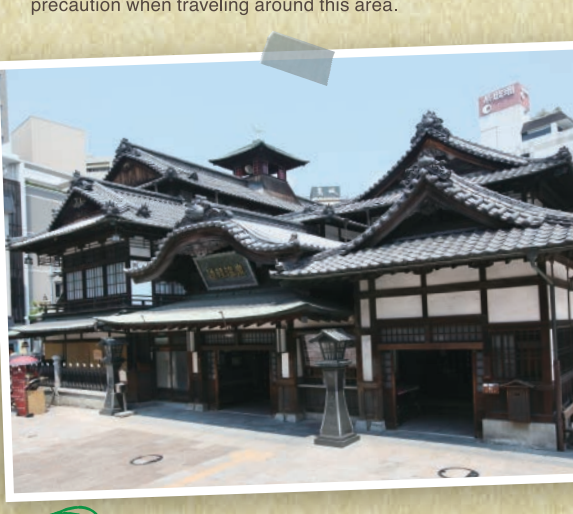
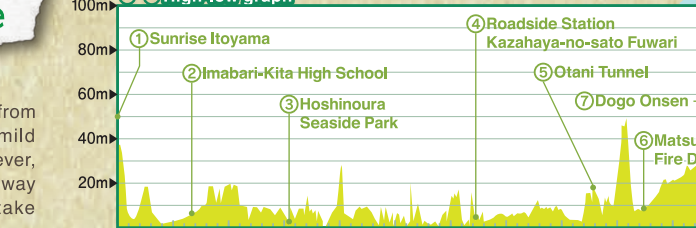
Japan Heritage Onomichi (Senko-ji Temple Park)

The Summit Observatory in Senko-ji Temple Park, the symbol of Onomichi as a Japan Heritage site, overlooks the miniature garden-like townscapes of Onomichi and the scenery of the Seto Inland Sea. It takes three minutes to reach the summit by Senko-ji yama Ropeway.



Ehime Prefecture Imabari-Dogo Hamakaze Sea Route

Cyclists can run on this route while feeling a fresh sea breeze from the beautiful Seto Inland Sea. This is a course with fairly mild changes in elevation where cyclists can cruise leisurely. However, there is large vehicle traffic along the coast on National Highway Route 196, which has narrow shoulders. Cyclists should take precaution when traveling around this area.



Dogo Onsen

Dogo Onsen is the oldest hot spring resort in Japan and is referred to in the Kojiki (Japanese records of ancient matters) and the Manyoshu (the oldest existing collection of Japanese poetry). The Dogo Onsen Honkan (main building) is a three-story wooden public bathhouse. The entire building is an important cultural asset of Japan. Dogo Onsen often appears as the symbol of Matsuyama in many quintessential novels, such as Botchan (a novel written by Natsume Soseki in 1906), and movies. You can feel the friendly atmosphere of the hot spring town if you stroll around the streets in yukata (a casual Japanese kimono) and enjoy the culture of Dogo after relaxing in a smooth hot spring bath.

Sunrise Itoiyama

Sunrise Itoiyama is the starting point of the cycling route at the foot of the Kurushima-Kaikyo Bridge. Visitors can see a superb view of the Seto Inland Sea from the top of the bridge while feeling the sea breeze. Visitors can rent a bicycle and enjoy cycling on the Imabari-Dogo Hamakaze Sea Route, which is the world's only cycling route over the inland sea. The freshness of the atmosphere makes travelers forget the passing of time. Sunrise Itoiyama offers accommodations as well, and it can be used as a base for Shimanami Sea Route sightseers. The Kurushima-Kaikyo Bridge is an amazing sight when seen from the window of Sunrise Itoiyama's guestroom. The bridge is occasionally brightly lit at night, and the surface of the Seto Inland Sea reflects the light beautifully.



* Cycling courses for families are available as well.

[Legend]
 Start Goal
 National Highway Expressway Course
 Prefectural Road JR Line

With the approval of the Director of the Geospatial Information Authority of Japan (Approval Number 2017 JOSHI No. 1199), this map uses the 1:500,000 Regional Map, the 1:25,000 Topographic Map, and the Electronic Topographic Map 25000 published by the Geospatial Information Authority of Japan.
 Kashmir 3D was used to generate the map on the back of this Cycling Map.